

First annual Youth Council Career Expo a success for students



Best Buddies representative Carolyn along with a student volunteer speak to students at the expo. (Photo by Kyle Chayka)

By Kyle Chayka

For the past few years, it has seemed more and more that volunteer hours and internships are the currency of a good resume, especially for students. Applying for jobs, for scholarships and for college all depend not just on students' grades, but their participation within their communities as well.

To help students find opportunities to get these experiences, on November 20, the Asian American Civic Association's Youth Council hosted their first annual career expo in an AACA classroom.

The event gave local students a chance to meet with representatives from Boston organizations looking for interns, volunteers and summer workers.

The career expo was an opportunity not only for visiting students but the Youth Council as well; members organized the event from start to finish, contacting businesses, setting up and helping visitors meet with the attending organizations.

"[The Youth Council] contacted the organizations, they invited them here," said Chealyn Tim, the AACA's Youth Program Director, "This was a good opportunity to let their peers know about career opportunities, volunteering, internships, or a job."

Youth Council students looked up Boston organizations online, contacted them through email or by phone and then followed through with organizations that agreed to attend the career expo. Chinatown students did the legwork for setting up the event, but the AACA's career expo was meant for the benefit of students from all over the Boston area.

"We thought it was going to be so much easier than what it came out to be," says Youth Council member Christine, "It was kind of hard to get organizations to sign up for the event. We did a lot of outreach, but only a few people actually responded." "You get aggravated that people you try to contact don't contact you back!" added Betty, another Youth Council member.

Still, the students managed to contact more than a few local organizations that in turn sent representatives to the event. "We were looking for a wide variety," Christine says. Attending organizations included several community-based non-profits as well as local arts organizations.

"We searched online to see which kind of company needed help and stuff so that's how we got these contacts," Betty says.

Urbano, a Jamaica Plains organization that provides opportunities for students to work with and learn from contemporary artists, sent Program and Exhibitions Director Alexia Mellor to the career expo.

"It's an opportunity for teens to work with professional artists and work with what contemporary art is doing now," Mellor explains, "Not just drawing techniques, but also performance art and installation." Urbano offers artist workshops as well as curatorial programs free for students in the Boston public school system.

Having just recently moved in to a new space in a Jamaica Plains brewery, Urbano is looking to spread the word about their programs. "This is our kickoff season and we just want to let people know that we're there!" Mellor says.

Zumix, a Boston youth music

organization, also had a table at the career expo. "We offer after school programs in everything from songwriting and performance to audio technology," says Anna Chavez, Program Coordinator at Zumix. "Students have a chance to learn how to record music, have a chance to play in a band, have their own radio show," she explain, "The idea is to help empower youth through music, empower their lives, empower their community and the world."

Founded in 1991, Zumix has continuously provided Boston youth space to express themselves through music as well as learn valuable skills. "We also teach audio technology," Chavez notes, "So a lot of students that go through those programs go on to become engineers and technicians... they can do live gigs and get paid for them."

Zumix has volunteer opportunities for older students ages 18 to 21 to teach music to Boston youth, working with the organization in hosting classes and putting on performances.

Best Buddies is an organization oriented towards helping the disabled. "We are dedicated to establishing a global volunteer community movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual or developmental disabilities," says Carolyn, Best Buddies representative.

"I came here tonight because I thought it'd be a neat opportunity to meet more young people and hopefully get them involved in best buddies and our events," she adds, "We're looking for

CONTINUED PAGE 3

昆士市長亞裔顧問委員會設聯誼活動中心



右起與會者委員會秘書Cathy Ko-Downey、市民羅志良、亞裔房東協會創辦人茱迪·海勒、委員邱潔芳和共同主席黃志康。(徐凱俐攝)

【本報記者徐凱俐昆士市報導】昆士市長亞裔顧問委員會(The Mayor's Asian-American Advisory Committee)11月21日上午十點在北昆士社區中心(North Quincy Community Center)召開月會，重述選舉要點，談論電視節目「放眼昆士」(Eye on Quincy)和其他委員會將提供的服務及活動。

出席週六會議的有委員會共同主席消防員黃志康、秘書Cathy Ko-Downey、委員邱潔芳(Betty Yau)、亞裔房東協會創辦人茱迪·海勒(Judy Heller)及按摩師羅志良等七人。

據委員昆士市長助理邱潔芳介紹，成功連任昆士市長一職的柯奇(Thomas Koch)的就職儀式將於明年一月初宣布就職。她表示，雖然具體有多少亞裔居民出來投票還不清楚，但註冊的人數卻不在少數。而上週進行的一場投票重數則改變了學校委員會的最終名單。選票重數後，原本以一票險勝的Karl Roos落敗，Barbara Isola以十一票的微弱優勢得勝，從Karl Roos手中贏回學校委員會的席位。另外，麻州也將在明年1月19日舉辦特別選舉日，選出參議員接任愛德華·甘迺迪去世而留下的空位。而初選將在12月8日將舉辦。

亞裔顧問委員會製作的廣東話電視節目「放眼昆士」開播至今已兩個月，

得到良好反饋。該節目在每月第一及第三個星期一晚上七點至七點半現場直播，每月第二及第四個星期一同一時間段進行重播。節目中主持及嘉賓以對話形式談論昆士市事務以及亞裔社區事務。過去節目中已討論過的主題包括昆士歷年變化、選舉、消防知識等。

邱潔芳表示，「放眼昆士」不僅是電視製作，更是一個昆士亞裔社區可參與融入的平台。節目製作組會將電視節目貼上Facebook，這樣觀眾何時何地都可以了解昆士動向。Cathy Ko-Downey也在會上建議委員會可以為該節目製作宣傳單等讓更多人獲悉「放眼昆士」的相關資訊。

11月17日，昆士市中心振興計劃也與一個六、七人組成的亞裔居民進行了焦點小組座談，提出各自想法及觀點。邱潔芳介紹到，參加討論的亞裔社區成員來自各行各業，年齡不同，有華裔，也有越南裔，多樣化的背景使幫助焦點小組成為一個混合各類想法的絕佳智囊團。

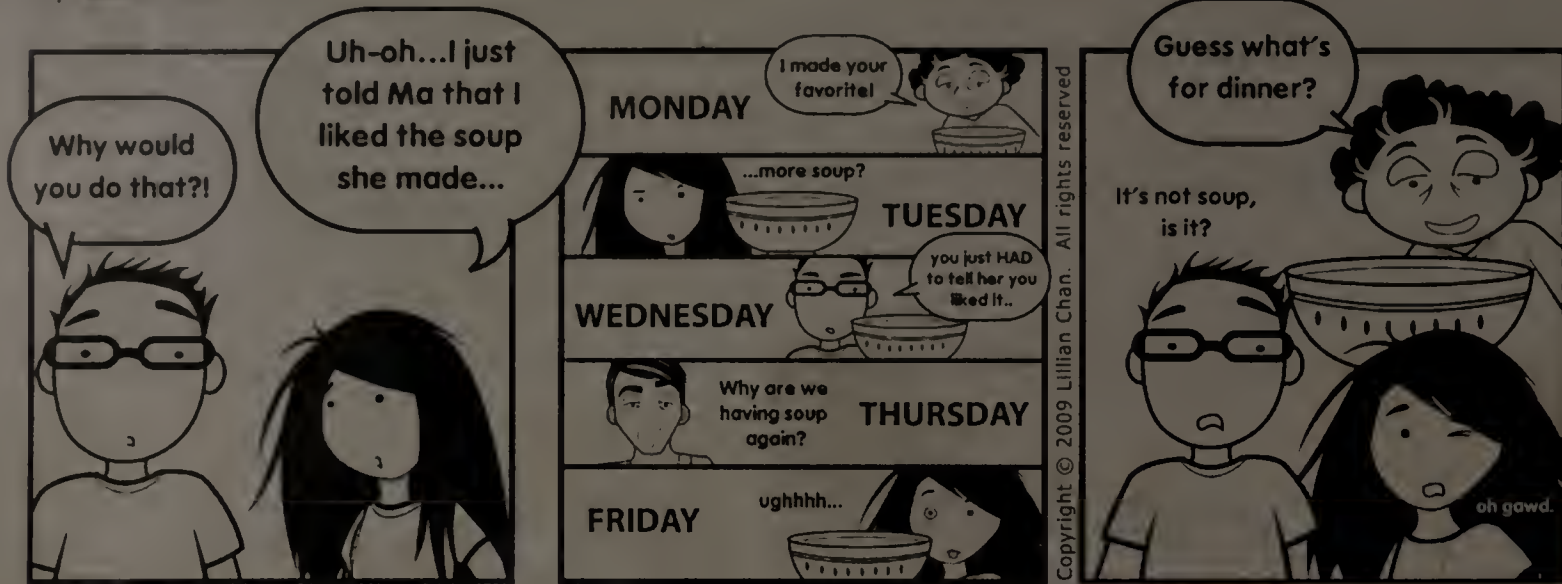
亞裔顧問委員會也正在醞釀將於明年一月開辦的新聯誼活動中心，替代在上個月告一段落的免費社區服務，為居民提供服務。

下個月的亞裔顧問委員會月會將取消，但是委員會已擬定在12月12日中午十二點舉辦聖誕派對，邀請參與過委員會各項活動的新老朋友，共度歡樂佳節。

Comic

ah-Lin!

by Lillian Chan



11-30-09

Announcements

CHINATOWN

Photo exhibit of historic Chinese restaurants

The Chinese Historical Society of New England (CHSNE) will be hosting an opening ceremony for a photo exhibit of historic Chinese restaurants in New England. The opening ceremony will include a brief presentation by Heather Lee and Amy Johnson, co-curators, and comments by John Eng-Wong, visiting scholar from Brown University's Center for the Study of Race & Ethnicity in America. The event is free and open to the public.

WHEN: Wednesday, December 9, 2009, 5:00-7:00 pm

WHERE: Chinatown Storefront Library, 640 Washington St (between Essex and Beach Street), Boston, MA 02111.

INFO: Contact Chinese Historical Society of New England at 617-338-4339 or email info@chsne.org

Sign up for BCNC Youth Swim Team

Boston Chinatown Neighborhood Center (BCNC) Youth Swim Team - Open to boys & girls 6 - 15 years old. Ongoing registration & swim practices: Tuesday & Thursday 6:00-7:45 PM at the Boston Chinatown Neighborhood Center, 885 Washington St, Chinatown. Contact Andrew Murray or Jason Morrison at 617-635-5129, swim.team@bcnc.net for more information.

Chinese gamblers' self-help group meeting

The next meeting will take place at noon, Monday, December 7 in the basement of St. James Church on 125 Harrison Street, Boston in Chinatown. For more information, please call Chien-Chi Huang at 857-383-3563.

ARTS

Chinese calligraphy at Malden Public Library

Malden Public Library will present a workshop on Chinese brush art Saturday, December 12th, from 2:00-4:00 pm.

In the program, Chinese calligraphy artist Mr. Gao will give a short history of calligraphy, introduce different styles of calligraphy, and show us the tools calligraphers use. Attendees can observe or practice this form of art at the end of the program.

All materials used in this program will be provided free of charge. No Pre-registration required. Participants must be ages 12 and up.

BOSTON

Pearl Harbor commemoration

On Sunday, December 6, 2009, 2:00 PM, The 68th commemoration of bombing Pearl Harbor (Dec. 7,1941) will be held at Faneuil Hall by the veteran organizations, AMVET, The American Legion, VFW, Pearl Harbor Survivors, and the City of Boston. Publics are welcome. Refreshment follows the ceremony at the Honorable Artillery

Hall upstairs. SUMMER

APAICS announces 2010 summer internship program

The Asian Pacific American Institute for Congressional Studies (APAICS) will be accepting applications for its 2010 undergraduate Summer Internship Program starting in December. The application form is available at www.apaics.org and must be submitted by January 31, 2010. There will be no extensions.

Each year, APAICS selects undergraduate students for a first-hand learning experience in American politics and policy making. Interns work in congressional offices, federal agencies, or non-profit organizations in Washington, D.C. Past interns were placed in the congressional offices of Majority Whip James Clyburn and Joseph Sestak, Jr., The Bureau of Engraving and Printing, The Department of Veterans Affairs, Office of Civil Rights in The Department of Agriculture, and The American Bar Association. Through a series of seminars, interns learn about national Asian Pacific American (APA) advocacy organizations and network with peers from the Congressional Black Caucus Foundation (CBCF) and the Congressional Hispanic Caucus Institute (CHCI). Last summer, the 90 interns in the Tri-Caucus Organizations (APAICS, CBCF, CHCI) participated in a joint youth summit focused on coalition building and the impact of the 2010 U.S. Census.

The APAICS Summer Internship Program encourages the political and civic involvement of young Asian Pacific Americans,

fosters their interest in careers in politics and public policy, and develops their leadership skills.

APAICS Interim Executive Director Ruby G. Moy said that the 2010 Summer Interns will receive a stipend and start their program from June 7 to July 31, 2010. The interns are selected from across the country and reflect the ethnic diversity of the Asian Pacific American community. Applicants must demonstrate an interest in public service and Asian Pacific American affairs.

Only undergraduates and those graduating in the Spring of 2010 are eligible. Applications can be downloaded from the APAICS' website (apaics.org) or email apaics@apaics.org for more information.

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The City of Melrose, through its Office of Planning and Community Development will be holding a lottery for qualified first time home buyers interested in purchasing two affordable condominium units at The Essex Condominiums located at 534 Main Street in Melrose. Eligible applicants must meet U.S. Department of Housing and Urban Development and North Suburban Consortium eligibility requirements regarding income, household size, and resale restrictions. There will be a lottery information session held on January 7, 2010, 7:30 p.m. in the Aldermanic Chambers, City Hall, 562 Main Street, Melrose. Application deadline is January 21, 2010. The lottery will be held on February 11, 2010, 7:30 p.m. in the Aldermanic Chambers, City Hall, 562 Main Street, Melrose. The lottery application can be accessed at www.chapa.org and www.cityofmelrose.org. Applications are also available at the Melrose Public Library, 69 West Emerson Street, Melrose, MA. For more information contact the Melrose Office of Planning and Community Development at 781-979-4190 or opcd@cityofmelrose.org.

Equal Housing Opportunity



SAMPAN

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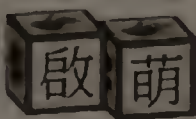
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Boston News

FROM PAGE 1 YOUTH

great volunteers who can help out our organization and help us expand!"

Despite difficulty reaching out to organizations, turnout was good for the Youth Council's first career expo. Over 35 students attended the event and many found organizations they were especially interested in working with. Outside the classroom, Youth Council members were relaxing before talking to organizations themselves. "We heard a lot of chattering, everyone seems to be having fun and a lot of people showed up!" Betty said.

Urbano, the contemporary art and artists organization, is located at 29 Germania Street in Jamaica Plain. Their website is <http://www.urbanoproject.org/>. Zumix, the East Boston youth music organization, is located at 202 Maverick Street a few blocks from Maverick Square on the Blue line. Their website is <http://www.zumix.org/>. Best Buddies Massachusetts is located at 25 Bromfield Street in downtown Boston. Their website is <http://www.bestbuddiesmassachusetts.org/>.

Kyle Chayka is a Sampan correspondent.

Youth

Mayor of Boston: Thomas M. Menino

By B. Mei

It's amazing that Thomas M. Menino managed to be reelected for his fifth term as mayor. After sixteen years, he is Boston's most experienced mayor ever. I don't know how he does that. What I do know is that all these years he kept the streets of Boston safe and clean and he supported our children's futures through education and youth organizations. Deflecting criticism from his opponents, he fought to defend his position with the support of hundreds of volunteers spreading the good of Boston. Even though problems like the economy are still hovering over Boston, Mayor Menino promised to lead this city to a better future.

Starting his political career as a driver for former state Sen. Joe Timilty, Menino managed to become a member of the City Council. Then, in 1993, he ran for mayor and managed to win his first term. During his sixteen years, he has faced many health issues, such as kidney stones, a tumor in his back and Crohn's disease. He manages to overcome these obstacles while making changes in Boston such as getting illegal guns off the streets, getting the city environmental friendly and organizing the Boston Youth Council. He is also determined to stop foreclosures on people's homes and to preserve the good of Boston. Like any other citizen of Boston, he loves his home and he'll do anything within his power to preserve the ways of this city.

During the 2009 Mayoral

Senate candidate Stephen Pagliuca meets with Chinatown community



Stephen Pagliuca met with members of the Asian American community over lunch in Chinatown. (Photo by Kaili Xu)

By Kail Xu

Democratic candidate for Senate Stephen Pagliuca visited Chinatown and met the leaders of the Asian American community, discussing the nation's job crisis and what can be done to bring more jobs to Massachusetts.

More than 50 people attended the lunch gathering at China Pearl on November 18, organized by Diana Hwang, founder of Asian-American Women's Political Initiative and now a member of Pagliuca's campaign team.

The millionaire businessman and Celtics co-owner stressed his success in job creation and business growth.

"I know how jobs are created," Pagliuca said. "We have to get jobs back here, get education and get healthcare."

He said Massachusetts has five to six leading industries, such as life science and biotechnology that can be critical in job creation around the commonwealth.

Daryl Luk, president at New England Chinese Information

Info taken from www.bostonherald.com, www.wikipedia.org

The opinion in this article does not represent that of the Sampan or the Asian American Civic Association.

and Networking Associations, raised his concerns about the time frame of the implementation of Pagliuca's plan.

"We need a long-term program," Pagliuca said. "It took us 10 years to get into this financial crisis that has really pressed the economy, so we are not going to get out of it in six months."

Pagliuca said the state should take measures to bring healthcare costs down, improve city infrastructure, supply small businesses loans to help them grow and stimulate job creation.

"We should create specific job credits and job training programs," he continued. "We'll bring the economy back."

As for his position on casino gambling in Massachusetts, Pagliuca said he'd only support casinos if the development includes mixed-uses such as entertainment, restaurants, and retail.

"It's a tough trade-off," he said. "You want to do it in a very responsive way."

In front of the group of Asian-American leaders, Pagliuca also highlighted his personal experience as being a grandchild of immigrants. He said the issue of undocumented immigrants has been ignored and something should be created to earn them a path to citizenship.

"We have to find a way they can earn citizenship and deal with that and then have a great rational immigration policy," Pagliuca said.

Kaili Xu is a Sampan correspondent.

Op-Ed

Sprinting toward the US Senate

By Samuel Tsoi

On Tuesday, December 8th, voters in Massachusetts will select their party nominees for the US Senate seat vacated by the late Edward Kennedy. His open seat has sparked an intense interest in the remaining term, which does not conclude till 2012.

Kennedy's successor will be revealed in a special election scheduled on January 19, 2010.

It has been a busy election year in Chinatown thus far, with elections for state representative, city councilors and mayor already decided and the gubernatorial race looming next year.

In a short period of time, especially relative to the historical importance and potential longevity of the tenure of the next US Senator, the primaries on December 8th will determine the Democratic and Republican nominees.

After January's election, the new senator will join current senior Senator John Kerry to represent Massachusetts in this crucial national time.

The current legislative session in Congress could set historic policies on economic recovery, health care reform, foreign policy, immigration re-

CONTINUED PAGE 4

MARTHA COAKLEY FOR U.S. SENATE
— A different kind of leader —



"No other candidate has the track record as an advocate or the breadth of experience on the vital issues affecting Massachusetts and the country."

RALPH MARTIN, FORMER SUFFOLK COUNTY DISTRICT ATTORNEY



"I have been impressed with Martha Coakley's proven track record of bringing people to the table to find effective solutions to the issues that face the Commonwealth."

SETTI WARREN, MAYOR-ELECT OF NEWTON



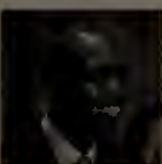
"Martha has been a strong voice for communities of color across the state, and has been committed to fighting for justice and equal rights."

GLADYS VEGA, CHELSEA COLLABORATIVE EXECUTIVE DIRECTOR



"We need someone in Washington who will be a champion for human rights and a voice of reason. Martha Coakley is that kind of leader."

WILLIAM LANTIGUA, MAYOR-ELECT OF LAWRENCE



"Martha Coakley has a proven track record of fighting for our best interests and values, and getting the job done."

JASS STEWART, CITY COUNCILOR-ELECT OF BROCKTON



"Martha Coakley cares about what happens in our cities and towns and fights for better services for citizens and consumers."

LISA WONG, MAYOR OF FITCHBURG



"Martha will work to close the achievement gap in our schools to ensure our children have the resources to succeed."

BRUCE BOLLING, FORMER BOSTON CITY COUNCIL PRESIDENT



I have been privileged to serve as your Attorney General. As your Senator, I will continue to ensure your voice is heard in Washington. I ask for your vote on Tuesday, Dec. 8. Thank you for your support!

瑪莎·寇克利

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FROM PAGE 3 SENATE

form, military engagements and climate change.

The race is the most competitive on the Democratic side, with four candidates vying for the nomination, ranging from leadership experiences in government, law, business and activism.

In light of the Democratic leanings in Massachusetts in past elections, as well as the legacy of Senator Kennedy, the winner of the January election is most likely going to be a Democrat.

On immigration, the next senator might also be expected to fulfill the expectation of an even earlier Massachusetts senator, George Hoar, who in 1882 was a vocal advocate against the policy of Chinese exclusion. Congress eventually voted to drive and keep out Chinese immigrants – the country's first race-based policy on immigration.

These overtly unjust policies are now history, but similar discriminatory sentiments are filling the political climate in recent years, albeit overshadowed by other national priorities.

Still, the economic downturn has revived anti-immigrant rhetoric, according to the Anti-Defamation League and the Massachusetts Immigrant and Refugee Advocacy Coalition, which has documented the importance of the immigrant workforce (1 out of 6 workers) to Massachusetts' economy.

Congressman Michael Capuano brands himself as the working-class candidate and most experienced legislator. Capuano, who represents the 8th District which includes Chinatown, is a former five-term mayor of Somerville, a city densely populated by immigrants.

Base on his voting record, Capuano supports comprehensive immigration reform for the estimated 12 million undocumented immigrants within US borders.

Capuano vows to revive the stalled attempts in the previous years to balance border security, employer penalties and pathways toward citizenship.

Elected in 1998, Capuano has been a progressive Democrat similar to Kennedy, and appreciated for his constituent services. Capuano's staff members are regularly engaged in community and planning meetings in Chinatown, and the Congressman has been present in many Asian American civic events during the last decade.

Perhaps the most recognizable name on the ballot is Martha Coakley, who was first to enter

for those who have been in this country for years abiding by the law, paying their taxes, and contributing to society. Reform in this area is long past due."

In her 20-year legal career, Coakley has been revered for being a strong defender against sexual and domestic abuse of children. Her other landmark accomplishments include consumer protection and state government ethics reform.

"Martha Coakley cares about what happens in our cities and towns and fights for better services for citizens and consumers," Fitchburg mayor Lisa Wong says. Wong and other municipal leaders of color have joined ranks with political heavyweights such as Senate President Therese Murray in endorsing Coakley.

The third candidate, newcomer Stephen Pagliuca, is decidedly a political outsider. His platform is based on his business acumen and economic expertise to create jobs for the state.

Pagliuca, son of Italian immigrants, is a co-owner of the Boston Celtics, philanthropist, and successful venture capitalist. He is best known as former managing director of Bain Capital. He currently serves on the board of Massachusetts Society for the Prevention of Cruelty to Children.

In his first run for public office, the businessman believes the election is about creating jobs, stabilizing the financial system and capitalizing on the state's strengths in education and innovation.

"The way to bring jobs back to Massachusetts and to keep them here is through strategic investment in our state's leading industries: life sciences, green technology, hi-tech, tourism, manufacturing and education," Pagliuca writes on his website.

Alan Khazei is also another electoral newcomer, having being a successful social

entrepreneur. He also supports comprehensive immigration reform.

Khazei, son of an Iranian refugee, attended Harvard Law School, and achieved national recognition by building strong legislative coalitions along with Senator Kennedy to boost national-service programs.

The combination which he calls "big citizenship," bipartisan policy initiatives and private-sector innovation resulted in the AmeriCorps program, which boasts 250,000 volunteers. AmeriCorps was modeled after City Year, a Boston-based organization co-founded by Khazei; the organization engages young people across the country in a year of community service.

Khazei most recently founded another non-profit, Be the Change, a group promoting active citizenship by using grassroots and online mobilization. The Boston Globe has recently endorsed Khazei, touting his fresh approach in strengthening democracy: "[Khazei's entrepreneurship model] moves away from Reagan-era skepticism about government without relying on traditional government programs to provide all the answers," the editorial board writes.

Among the four Democratic candidates, there are slight disagreements about troop levels in Afghanistan and the effectiveness of the stimulus package during debates in the final push towards the primaries. They differ in leadership experience and personal style more than any disagreements on major issues.

In the most wide-open race in decades, Massachusetts' elec-

torate has a crucial responsibility and interesting choice to make.

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Information Session:

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5 person household - \$71,450, 6 person household - \$76,750

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3 Bedroom units - \$190,000

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Single-Family Detached Homes - Maximum \$186,000

Information Session: Tuesday December 8, 7pm

Goodnow Library, 21 Concord Rd, Sudbury

Income limits are 80% area median income:

1 person household - \$46,300, 2 person household - \$52,950

3 person household - \$59,550, 4 person household - \$66,150

5 person household - \$71,450, 6 person household - \$76,750

Asset limit for this development is \$75,000

Applications accepted through January 15, 2010 1pm

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Third Sector New England (TSNE), seeks someone to join our Education and Outreach team as our Web Technology Associate. Oversee the implementation and maintenance of features and functions associated with our website and related social networking tools. Responsible for the technical side of creating and maintaining the online presence for the TSNE, including blogs, online audio and video resources and online communities. Prior experience developing websites and social networking sites, mastery of HTML, CSS, JavaScript, Flash; proficiency with SQL (including MySQL and XML required. Requires good working knowledge of Dreamweaver, Photoshop, Illustrator and In-Design and experience with managing CMS and CRM platforms.

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the race. As the state's chief prosecutor and public advocate, Coakley was a civil defense attorney and prosecutor in the Middlesex district before being elected Attorney General in 2006.

On immigration, spokesperson Mathew Helman says: "Martha Coakley supports a responsible pathway to citizenship

Health

What is the Flu?

Seasonal flu (“the flu”) is caused by a virus that infects your lungs, nose, and throat and makes you sick. Flu season starts in early winter, and continues through early spring every year. The flu comes on very quickly and makes you feel very sick. Most people will feel better within a week.

- Symptoms include:
- Fever
 - Tiredness/weakness
 - Severe muscle and joint aches
 - Dry cough
 - Headache
 - Sore throat
 - Runny/stuffy nose

A flu pandemic is caused by a new virus. It is different from the seasonal flu because:

- Many people around the world could get sick at the same time.
- People could get sick at any time of year.

The most important thing to know about a flu pandemic is that the symptoms people have and the way you care for someone who is sick are very similar to the seasonal flu.

What is the common cold?The common cold is caused by germs that affect your nose more than any other part of your body.

- Symptoms include:
- Stuffy nose
 - Sneezing
 - Runny nose
 - Sore throat
 - Wet cough
- Is it a cold or is it the flu?

WITH A COLD:
You almost never have a fever.
You feel stuffiness in your head.
You feel a little sick.
You can have a cold any time of year.
There is no shot to protect you.
There are no prescription medicines to treat colds.

WITH THE FLU:
You have a fever.
Your entire body feels sick.
You feel very sick.
Seasonal flu starts in early winter and continues through early spring. Flu pandemics happen every 30 years or so, and don’t have a particular season.
You can get a shot to protect yourself.
There are prescription medicines to treat the flu.

How do people get the flu?

Flu spreads easily from person to person. When people with the flu cough or sneeze, the flu virus is in the wet spray that comes out of their nose and mouth.

- If you are near them, you can breathe in the virus and get sick.
- The flu virus also gets on things you touch like door-knobs, phones, and toys. After touching these objects, the virus can infect you when you touch your mouth, nose, or eyes.

Lower your chances of getting & spreading the flu:

Flu: Caring for people at home

- Get a flu shot every year to prevent the flu!
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough into your inner elbow.
- Keep your hands away from your eyes, nose, and mouth.
- Use a household cleaner to clean things that are touched often like:
 - o Door and refrigerator handles
 - o Computer keyboards/mouse
 - o Phones
 - o Kids’ toys
- Wash your hands often with soap and warm water, or use an alcohol-based hand gel.
- Keep about 3 to 6 feet between yourself and other people.
- If you are sick, stay home. You can spread the flu even if you feel better.
 - o Adults can spread the flu for about 5 days.
 - o Kids can spread the flu for 7 days.
- If you are breastfeeding your baby and have the flu, you might want to wear a facemask so your baby doesn’t get sick.
- Get a flu shot every year!
- Anyone who wants to lower their chances of getting the flu or giving it to someone else should get a flu shot every year.
- Some of us are more likely to have problems if we get the flu, so it’s very important to get a flu shot every year. This includes:
 - Children 6 months through 18 years old
 - People 50 years of age or older
 - Pregnant women

Education

A struggle for social justice, Philadelphia’s Chinatown founds a charter school

By Kyle Chayka

Ellen Somekawa dresses like she is ready to work. A ready voice to discuss any topic, she jumps at opportunities to talk about what she’s doing, what fights she is fighting and what fights need to be fought. When she speaks, the words tumble out in waves, faster when the topic falls on a cause close to her, and slowly and deliberately when she recounts the experiences that led her to social justice work.

Since 1996, the executive director of Philadelphia’s Asian Americans United (AAU), Somekawa has a history of activism. She has directed summer youth programs in Philadelphia, served on the AAU’s board of directors, and in 2005 became co-director of the Folk Arts Cultural-Treasures Charter School (FACTS), an institution founded on her own work with the AAU to serve the city’s immigrant population. For Ellen, these struggles, projects and campaigns are the backbone of a life devoted to social justice.

“To me,” Ellen says, “It’s just hard to go through life seeing injustice around you and not doing something about it. That to me is not a very joy-filled life.” Whether it is campaigning for a school bus for Chinatown students or spreading awareness of the dangers of allowing casinos into the neighborhood, Somekawa is driven to fight the problems and push against the barriers she sees confronting immigrant communities.

“I’m third generation Japanese-American,” Ellen explains, “I grew up in a really white suburb in the 60s and 70s. When I was growing up my mom used to tell me, “Education is the only thing they can’t take away from you,” and I remember thinking, who’s they? And how can they take all my stuff away from me?”

Ellen is clear about where her drive comes from. It is not a job to fight for social change; it is a responsibility, and something that has been part of her life since youth.

Ellen’s mother was referring to the internment of Japanese-Americans in the U.S. during World War II, internment that she and Ellen’s father had both experienced. “I was just so shocked to learn that my parents and folks I knew had been in these camps, and it really went against what I thought about how the US works. It shocked me into thinking and looking around and trying to not just take at face value what I was being told.”

After gaining this awareness,

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- A minimum of three years experience managing independent school admission processes.

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E. Kay Cowan, Head of School
Email: employment@nashobabrooks.org
Homepage: www.nashobabrooks.org

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CONTINUED PAGE 6

FROM PAGE 5 CHARTER



Ellen Somekawa lectures at Tufts University, speaking on her personal experiences with activism and social justice. (Photo by Kyle Chayka)

Ellen says, "You start being interested in history, looking up what's going on with the world... being curious and exploring and questioning. That's how I got interested in social justice work."

In high school, Ellen started meeting with a group of Asian American friends, studying recently published books about Asian American identity and working to get books about Asian American history put into circulation at school libraries. At the University of Minnesota she continued her activist work, developing a perspective on how immigrant communities function and gaining, as she calls it, "political chops."

After college, Ellen entered the American History

PhD program at the University of Pennsylvania. Still, "Academia didn't suit me," Ellen laughs, "It was just not a good fit. I didn't know how to act, and even if I did know, I didn't want to act that way." With professors acting as gatekeepers to the life of an academic, Ellen felt too cut off from the problems she wanted to fix.

That was when Ellen found support and friendship in AAU. While volunteering at AAU, Ellen also continued her work on campus. She and likeminded friends formed an Asian American Students Alliance that fought the university to change the name

of the Oriental Studies department and expand awareness of Asian American presence on campus, among other campaigns.

"At [the University of Pennsylvania] there were lots of Asian American students," Ellen recalls, "But there was no single Asian on the faculty of the Oriental Studies department. We tried to draw attention to that... we thought, let's do something small, and then try to build."

A few years out of graduate school, Ellen began to work full time at AAU, and smaller campaigns and projects built into larger ones. She has worked with the AAU and its Youth Leadership programs to found a summer

camp for neighborhood children, build a community garden for Chinatown's elderly and protest and eventually halt the construction of a baseball stadium in Chinatown.

The biggest project of all began only recently. After fighting discrimination and struggling for so long to support Chinatown students, Ellen and the AAU decided that the best way to provide for their community was to found their own school, a charter school that could be designed specifically for immigrant children.

Through a partnership with the Philadelphia Folklore Project, an organization dedicated to local folk arts and culture from all of the city's diverse immigrant groups, the Folk Arts-Cultural Treasures Charter School was chartered in 2005. Charter schools are an alternative to public schools; they are funded by state money and free to attend, but are run according to their own guidelines and held to certain state requirements to remain funded.

With a school, Ellen and the AAU have been able to expand their reach and help more students than ever. They are able to "work with kids not for eight to ten weeks, but for ten months a year," Ellen explains, "Not with 20 kids a year, but hundreds. We get to know kids and

families over 9 years, from kindergarten to eighth grade."

FACTS was developed as a multicultural school where immigrant children could foster their own cultures and languages even as they grew in the American school system, learning English and learning to understand a diversity of cultures and backgrounds. "Instead of being taught to run away from culture, we wanted a place where cultures would be respected," Ellen says. "There's a line in our pledge, and it's great to hear kids saying this every morning: 'Our families and our elders know important things and we take time to learn from them.'"

Though FACTS focuses on the Chinatown neighborhood and takes mostly students who are able to attend the neighborhood FACTS nursery school, it is by no means monocultural. The school is 70 percent Asian, the majority Chinese but including also Indonesians, Vietnamese, and some Cambodian and Laotian students. 25 percent of students are African American, with smaller numbers of African and Latin American immigrants, and a "handful" of white students.

FACTS has been a success story for Ellen and the AAU. Growing yearly, the school moved into a

new building in 2007 and continues to look for new ways to serve its community. Even after graduating and moving on to public high schools, students return to FACTS to participate in cultural activities and bring their experiences back to younger children. The school has provided an environment where the city's melting pot can grow without homogenizing.

For Ellen, success and growth is nice, but the kids always come first: nurturing her students and giving them the same awareness and confidence that she gained through her own struggles remains the number one priority.

"One thing I love about our school is that when you walk through the door you can tell that every single adult loves the children," she says, her voice brimming with pride, "Public schools, you can force them to hire Asian people, to hire English as a second language teachers, but you can't force them to love the children, to respect the intellect of a poor child." This is where social justice, community building and FACTS come together.

Kyle Chayka is a Sampa correspondent.

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面嚮家庭個人和小生意的免費講座：如何獲得法律服務，
成人教育，以及托兒服務？

The Chinatown Human Development Studio ("The Studio") will be hosting FREE resource workshops at the Storefront Library, at 640 Washington Street in Boston. Bring your questions and learn how to take advantage of the many services available within our community! Presentations and resources will be in English and Cantonese. 中國城人力發展工作室將在位于華盛頓街 640 號的店面圖書館內舉辦免費信息資源講座。您可以帶上自己的問題，了解怎樣在社區內獲取各類服務。講座以及散發材料均為中英文。

LEGAL SERVICES FOR INDIVIDUALS *Monday, December 7th, 5 pm*
The Lawyers' Committee for Civil Rights is a private, nonprofit, nonpartisan legal organization that provides pro bono legal representation to victims of discrimination based on race or national origin. The Committee's mission is to provide a safeguard for the civil, social, and economic liberties of residents in Greater Boston and throughout Massachusetts. This workshop will be a discussion of the types of cases that are handled, as well as a summary of some of the current cases. The legal business workshop will follow this discussion.

個人法律服務 *12月7日，星期一，下午5時*
律師民權協會為私立，非營利，無黨派機構，專為因種族和國籍而遭歧視的受害者提供義務法律代理服務。協會的宗旨是為大波士頓乃至麻州的居民提供民權、社會和經濟自由的保障服務。本次講座將分析講解各類受理的案例，以及目前正在進行的案例。緊接著討論之後，還將有一個關於小生意的專門法律問題講座。

LEGAL BUSINESS SERVICES *Monday, December 7th, 5:25 pm*
The Belin Economic Justice Project, an initiative of the Lawyers' Committee, uses the tools of business law to promote sustainable community development. Three main services are provided free of charge through partner law firms to target communities: Legal workshops educate the community about business law issues that could, and likely are, affecting them, Legal clinics provide opportunities for entrepreneurs and small business owners to talk one-on-one with experienced business lawyers about their new or existing business, and finally, pro bono representation of qualifying businesses provides business legal services for discrete business law issues. This workshop will focus on how to bring these services to Boston's vibrant Chinese community.

商業法律服務 *12月7日，星期一，下午5:25時*
律師協會以商業法為手段來幫助和促進社區穩定和發展。通過與法律事務所的夥伴關係，向社區免費提供三方面的服務：法律講座講解影響人們的有關商業生意法律方面的問題；為小企業者或生意業主提供直接和有經驗的商業律師進行一對一的諮詢活動；為合格的商業和生意義務代理，提供商業法律問題的服務。本次講座將著重介紹如何為波士頓華人社區服務。在講座之前，律師協會也將介紹為受歧視的個人方面的服務工作。



ESOL and JOB TRAINING *Monday, December 14th, 5 pm*
Learn about the range of AACA's social services provided to the community. Educational programs at AACA will then be discussed in more detail, including the three job training programs, the full range of ESOL classes, and the new programs that bridge the gap between intermediate level ESOL classes and work or job training. This workshop will cover basic curriculum and goals of the courses, eligibility, and how to apply for funding for classes.

成人英語和工作培訓 *12月14日，星期一，下午5時*
了解華美福利會面嚮社區提供的各類服務範圍。然後詳細介紹三個工作培訓計劃，成人英語的全科課程，以及一個連接中級英語班教育和工作培訓的全新計劃。本次講座將介紹培訓課程的基本內容和目標，申請資格，以及如何申請補助。

CHILDCARE *Monday, December 21st, 5 pm*
Learn about Boston Chinatown Neighborhood Center's Child Care programs, including family child care homes, the Acom Center for Early Education and Care, and the Red Oak After School program. This workshop will help attendees answer: What should I know about selecting a quality child care program? How do I enroll a child in one of the programs? What will it cost?

托兒服務 *12月21日，星期一，下午5時*
了解華埠社區中心提供的各類托兒服務計劃，包括家庭托兒之家，幼兒早期教育和護理中心，以及放學後學童計劃等。本次講座將回答的問題有：我需要了解什麼以便選擇一個好的托兒計劃？怎樣才能使我的孩子能夠參加？費用是多少？

Questions or Comments? Please contact Amy Koo, amy.koo@asiancdc.org, 617-482-2380 x212, or visit <http://asiancdc.org/content/chinatowns-hd-od> for more information. 如有問題或建議，請聯繫 Alex Zhang, alex@asiancdc.org, 617-482-2380 x208, 或上網查詢 <http://asiancdc.org/content/chinatowns-hd-od>

About the Studio
The Studio is a walk-in resource for the Chinatown community to learn about local development, and receive planning resources and referrals to social service providers. It currently serves as a temporary direct service point for HD-OD, where residents and small business owners will gain skills, support, and knowledge to help them take advantage of development opportunities to improve their lives. The Studio is located within the Chinatown Storefront Library, at 640 Washington Street in Boston. Hours: Mon, Thurs, Fri 1-5 pm; Sat 11-2 pm

關於人力發展工作室
人力發展工作室為社區和個人提供有關社區發展的信息，以及提供社會服務方面的計劃和介紹工作。目前為一個臨時服務點，通過那裡居民和小生意業主可以獲得信息和資源方面的支持，在社區的發展活動中尋求改善生活的機會。工作室設於唐人街臨街圖書館內，地址為 640 華盛頓街。工作室接待時間：週一，週四，週五，下午 1-5 時，週六上午 11 時至下午 2 時。

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For more information about obstetric services a South Cove Community Health Center, please call 617-482-7555 or visit us on the web at www.scchc.org.

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華人醫務中心在過去三十五年為亞裔社區提供嬰兒接生服務。在得到碧英以色列迪肯尼斯醫療中心的支持，一間先進的哈佛教學醫院，我們在波士頓地區提供可配合亞裔文化的滿意產科服務。

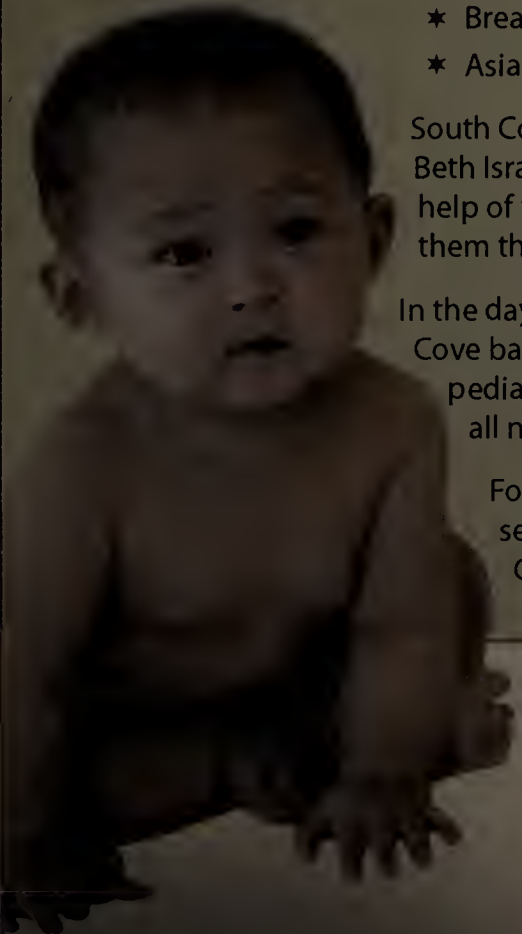
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如有任何華人醫務中心產科服務的問題，歡迎來電 617-482-7555 或瀏覽網頁 www.scchc.org.



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青年專欄

波士頓市長萬寧路

作者: B. Mei

萬寧路 (Thomas M. Menino) 競選第5任市長連任獲得成功，令許多人感到驚訝。16年來，他成為波士頓歷史上任期最長，經驗最豐富的市長。我不知道他是如何做到這一點的。我只知道，這些年來他一直在為波士頓的街道清潔和安全而努力，同時他還支持通過教育和青年組織來為我們的孩子們創造美好未來。面對對手的批評，他以數百名志願者的支持來捍衛他的地位。雖然經濟問題仍然籠罩着波士頓，萬寧路市長承諾這個城市將有更美好的未來。

作為前州參議員Joe Timilty的司機，萬寧路的政治生涯是從成為市議員開始的。然後，在1993年，他開始競選市長並贏得他的第一個任期。在他這16年中，他曾面臨著許多健康問題，如腎結石，背部腫瘤，克羅恩病 (Crohn's disease) 等。他克服了這些障礙，同時設法改變波士頓諸如使在街上攜帶槍支為非法，改善城市環境和組織青年理事會。他還阻止人們的住房抵押贖回，維護了波士頓的良好形象。像波士頓的其他公民一樣，他愛他的家，他在他的權力範圍內，努力保存這個城市的生活方式。

在2009年市長選舉中，萬寧路面對著三個競選人的挑戰。他們是：市議員Michael Flaherty，市議員Sam Yoon和

商人Kevin McCrea。這3位競選人都把矛頭指向萬寧路。原因之一是，他作為市長已經很長時間，現在該是讓他下臺的時候了。Flaherty在預選中擊敗Yoon。然後他又與Yoon達成協議，如果Yoon加入他的團隊，當選後Yoon將成為副市長。McCrea聲稱萬寧路年事已高，現在是為這個城市引進新鮮血液的時候了。但他在預賽中被擊敗了。

媒體也曾騷擾過市長。報道稱，他隱匿了在他16年任期內的醜聞。他的最新事件是他非法刪去他的高級助手的大廳計算機的電子郵件，其中有關於前州參議員Dianne Wilkerson的賄賂調查。我對這些說法是懷疑的，因為他真的對這個城市很關懷，他不會這樣做的。另外一些人可能想擺脫萬寧路的原因是經濟問題。在目前的經濟形勢下，不少人失去了家園和工作。他們期望，新的市長會解決這個問題。但市長有他16年的豐富經驗，我想這就是為什麼大多數人還是對他投了贊成票的原因。

萬寧路市長是波士頓的第一個意大利裔市長。他也是第一個留任4屆的市長。多年來，他努力保持波士頓的清潔。他還保持了街道的安全和幹淨。他關心青少年的未來。他支持青年組織。盡管年事已高，他仍願意堅持下去，帶領波士頓走向美好的未來。他有豐富的經驗，他會當好波士頓市長的。我敢肯定，相信其他人也是如此。（陳公權譯）

移民資訊

美國艾滋病患入境禁令取消

艾滋病患旅行禁令的取消是一項載入史冊的決定，根據最終法案的規定，隸屬於美國衛生福利部的美國疾病預防與控制中心將把“人類免疫缺陷病毒感染”（HIV）從傳染性疾病類中除去，同時也取消了對艾滋病患者入境的限制。在此之前，艾滋病被定義為傳染性疾病，其患者被禁止進入美國國境。

根據最終法案，外籍人士不會再因患有艾滋病而被禁止入境，同時他們也不再需要進行作為美國移民規定醫療檢查的是一部分的艾滋病毒檢測。

新規定適用於哪些移民

1) 在美國以外的大使館或領事館申請簽證的外籍人士

2) 抵達美國的外籍人士

3) 根據美國國土安全全部要求進行入境醫療檢查的外籍人士

4) 申請調整為永久合法居民身份的外籍人士

一個想要通過移民簽證或身份調整來取得永久合法居民身份的移民必須

移民資訊

09年12月移民排期表

親屬移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	04年01月22日	04年01月22日	04年01月22日	92年08月01日	93年11月01日
第二優先 2A	05年11月01日	05年11月01日	05年11月01日	03年10月01日	05年11月01日
第二優先 2B	01年11月01日	01年11月01日	01年11月01日	92年06月01日	98年07月01日
第三優先	01年02月22日	01年05月22日	01年05月22日	92年08月22日	91年11月15日
第四優先	99年09月08日	99年09月08日	99年09月08日	95年11月15日	87年03月22日

親屬移民排期表

• 第一優先: 美國公民的成年未婚子女

• 第二優先: 2A 永久居民的配偶及未成年子女

• 第二優先: 2B 永久居民成年子女

• 第三優先: 公民的已婚子女

• 第四優先: 公民的兄弟姐妹

職業移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
第二優先	現在有名額	05年04月01日	05年01月22日	現在有名額	現在有名額
第三優先	02年06月01日	02年06月01日	01年05月01日	02年06月01日	02年06月01日
非技術勞工	01年06月01日	01年06月01日	01年05月01日	01年06月01日	01年06月01日
第四優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
宗教工作者	沒有名額	沒有名額	沒有名額	沒有名額	沒有名額
第五優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額

職業移民排期表

• 第一優先: 傑出人才、研究人員教授

第二優先: 2A 永久居民的配偶及未成年子女跨國公司主管

• 第二優先: 高等學位專業人才

• 第三優先: 技術勞工及專業人士非技術勞工

• 第四優先: 宗教工作者

• 第五優先: 投資移民

移民問答

綠卡與居留

舢舨將把讀者有關移民的問題提給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有這方面問題，請發電子郵件給editor@sampan.org

我拿到綠卡成為美國合法永久居民已經很多年了。我剛剛發現我的綠卡即將到期。如果我不及時更新我的綠卡，我會在美國變成非法居留嗎？

答：當一個人的綠卡到期，他們仍然被認為是美國合法永久居民。只是卡本身被認為是過期。因此，當你的綠卡過期，您在美國仍然是合法的永久居民。

不過，我強烈建議您儘快申請一個新的綠卡。除了允許您進行國際旅行，綠卡也可以用來證明雇傭狀態。當您開始一個新的工作，或當你的綠卡到期時，雇主有責任要求你辦理新的有效的綠卡。因此，我強烈建議您聯繫一位移民律師以協助申請您的新綠卡。

問：我是美國合法永久居民，並拿到我的綠卡3年了。我目前居住在美國，但我被一個在香港的著名大學研究生院錄取。如果我在美國境外呆太長時間，我會失去我的綠卡嗎？

答：不幸的是，許多人因為花太長時間在美國境外居住而失去了綠卡身份。當您收到美國合法永久居留權，您必須持續在美國居住而保留您的綠卡。如果你在什麼時候有決心放棄在美國居住，政府將取消你的綠卡。這是真的無論你的綠卡已經拿到了30年或3個月。

為了防止自己喪失綠卡，不要在美國境外連續呆超過6個月，或在12個月內在美國以外比在美國國內呆更多的時間。

如果您會花大量的時間在美國境外，還是有辦法可以保護您自己和您的綠卡的。如果你由於工作，學習，或家庭緊急狀況需要花大量的時間在美國境外，我建議您考慮申請再入境簽證。移民律師可以幫助您瞭解再入境簽證的申請過程，和你是否有資格申請。

採取預防措施可以在您花大量的時間在美國境外時保護您，也有可能可以保護您的綠卡。畢竟您最不想發生的就是在下次入境美國時被放入機場或海關的驅逐出境程式。

Keith Pabian是Pabian & Russell, LLC公司的移民律師。如果您有安排協商或移民援助或諮詢的需要，請聯繫Pabian先生。電話 (617) 951-3721, 電子郵件 kpabian@pabianrussell.com. (孔璋林譯)

美國親屬的申請人才可以申請困難減免。許多同性戀申請者，因為沒有符合資格的美國親屬而無法申請調整身份。新的規定將能幫助數千名患有艾滋病且不符合任何減免的申請人取得永久合法居民身份。（王巍 譯）

ZONING HEARING

The Zoning Commission of the City of Boston hereby gives notice, in accordance with Chapter 665 of the Acts of 1956, as amended, that a public hearing will be held on December 16, 2009, at 9:00 AM, in Room 900, Boston City Hall, in connection with Map Amendment Application No. 574 and an application for approval of the Tufts University Institutional Master Plan Amendment and Renewal ("IMP Amendment") filed by the Boston Redevelopment Authority on behalf of Tufts University.

Said map application would amend Map 1G, Chinatown, by adding the designation "IMP", indicating an Institutional Master Plan overlay district to 711 Washington Street, 145 Harrison Avenue, 35 Kneeland Street, and 200 Harrison Avenue within the Tufts University IMP area. The IMP Amendment provides for the continued use of the existing buildings within the Tufts Health Sciences Campus and the potential to lease additional space as needed, incorporates the renovation and minor addition of up to approximately 1,100 new square feet in the Sackler Center as a proposed IMP project, and includes the following campus improvements: the temporary conversion of a parking lot on Harrison Avenue to interim open space and the planning and implementation of a campus signage/"wayfinding" project.

Copies of the IMP Amendment, the petition and a map of the area involved may be viewed at the office of the Zoning Commission, Room 953C, Boston City Hall, between 9 AM and 5 PM any day except Saturdays, Sundays, and legal holidays.

For the Commission,
Jeffrey M. Hampton, Secretary

移民資訊

I-751聯合申請豁免

與美國公民結婚不滿兩年的外國人需申請I-751以解除條件式居民身份。1986年制定的移民婚姻欺詐法案（IMFA）規定臨時綠卡的持有人必須在臨時綠卡到期前的90天內呈交I-751申請來解除條件式居民身份。

美國公民和外國配偶需要一起填寫并遞交I-751聯合申請。因特殊原因而無法滿足聯合申請條件的，IMFA將酌情給予豁免。1990年修訂後的移民婚姻欺詐法放寬了申請聯合申請豁免的要求。

以下情況可以申請聯合申請豁免：1 極端家庭困難；2 誠意結婚，但婚姻後來因離婚而終止；3 誠意結婚，但自身或子女遭受美籍配偶的虐待。如符合以上任一情況，外國配偶可單獨遞交I-751申請。

1. 極端困難豁免

根據美國移民國民法，條件式身份居民如能證明極端困難，將有資格獲得聯合申請豁免并去除條件式身份。極端困難可以針對條件式居民自身，其子女和未來配偶。條件式家庭困難豁免不要求使外國人獲得條件式居民身份的婚姻延續，外國人離婚後的再婚也不會成為申請極端困難豁免的阻礙。極端困難豁免主要考慮幾個方面，首先是對“極端困難”的定義，其次是極端困難發生的時間，最後是申請人能否證明誠意結婚。

至少有十種標準判斷驅逐出境是否會對申請人造成極端困難，包括：1. 年齡；2. 在美國和境外的家庭情況；3. 在美國居住的時間 4. 健康狀況 5. 申請人祖國的政治和經濟情況 6. 職業和工作技能 7. 移民歷史 8. 社會地位 9. 是否能對所在社區和國家提供特特殊幫助 10. 是否有其它方式獲得永久居留權。律師們應儘量篩選出所有可能造成極端困難的因素，即使是一些次要的因素，累積起來也能產生巨大的作用。

2. 婚姻破裂豁免

如果條件式身份居民可以證明其與美國公民的婚姻是真實的，並且不是其過錯致使聯合申請的條件無法被滿足，那麼他/她將有資格獲得聯合申請豁免并去除條件式身份。婚姻破裂豁免要求申請人證明其婚姻的真實性，律師的工作是挑出可以證明婚姻真實性的文件以及如何最好地呈現某些文件。此外，美國移民國民法案明確規定任何可以證明婚姻真實性的有效證據都會被採納。婚姻破裂豁免的申請人有責任證明其與美國公民誠意結婚，申請人的律師必須為此提供足夠證據。

婚姻破裂豁免要求外籍配已與美國公民離婚并取得離婚判決書，此項要求給許多無法在申請截止期前完成離婚手續的條件式身份居民造成了諸多困難。

3. 極端虐待豁免

與婚姻破裂豁免一樣，極端虐待豁免同樣要求申請人證明其與美國公民婚姻的真實性。此外，申請人必須提供有效證據證明自身或子女受到美國配偶的極端虐待，此類證據通常包括由社工人員，心理醫師或其他專業人士提供的報

告。

儘管移民國民法並未給出極端虐待的詳細定義，規章中卻明確表示“遭受極端虐待包括但不限於作為暴力行為或暴力恐嚇的直接受害人。”其它符合極度殘酷定義的惡行也可以通過律師作為證據進行提交。

身體虐待的證據可能包括但不限於：由警察、法官、警務人員、學校官員和社工人員提供的報告或宣誓書。

最後，儘管法律為條件式身份居民提供了聯合申請豁免，但每一項豁免的法律要求和證明標準都並不容易滿足。想要成功獲得豁免的最好的方法是早做準備并尋求資深移民律師的幫助。掌握專業知識和職業技能的移民律師能夠克服重重阻礙，并最终幫您取得永久居民身份。（王巍 譯）

健康專欄

流感：您如何可以在家照護病人（之一）

什麼是流感？

季節性流感（「流感」）是病毒所致，會造成肺臟、鼻子及喉嚨感染，讓您覺得身體不適。流感季節從初冬開始，一直延續到每年的早春時節。流感來襲的速度非常快，而且會讓您非常不舒服。多數人會在一週內逐漸康復。

症狀包括：

- 發燒
- 疲倦 / 虛弱
- 嚴重肌肉及關節疼痛
- 乾咳
- 頭痛
- 喉嚨痛
- 流鼻水 / 鼻塞

流感大流行是新病毒造成的。因為以下原因，所以與季節性流感不同：

- 全球各地可能有許多人同時患病。
- 一年四季都可能患病。

關於流感大流行，最需要瞭解的重要資訊就是：患者的症狀以及照顧患者的方式與季節性流感非常類似。

何謂感冒？

感冒是病菌所造成，且感冒病菌對鼻子的影響遠勝於其他身體部位。

症狀包括：

- 鼻塞
- 打噴嚏
- 流鼻水
- 喉嚨痛
- 濕咳

究竟是感冒還是流感？

主要差異

罹患感冒時：

- 幾乎完全不會發燒。
- 感到頭昏腦脹。

- 有一點噁心想吐。
- 一年四季都可能罹患感冒。
- 沒有預防針可以保護您。

罹患流感時：

- 您會發燒。
- 感到全身不適。
- 強烈噁心想吐。
- 從初冬到早春時節，您都可能罹患流感。
- 您可以注射預防針以獲得保護。

人們怎麼會得到流感？

流感很容易在人與人之間散佈。當流感患者咳嗽或打噴嚏時，濕唾沫中的流感病毒就會從鼻腔和口腔中噴出。

- 如果您很靠近患者，就可能吸入病毒並且致病。
- 流感病毒也會沾附在您碰觸的物品上，例如門把、電話和玩具上面。接觸這些物品之後再接觸口鼻或眼睛，就可能感染病毒。

降低罹患或散佈流感的機會：

- 每年注射流感預防針，提早預防流感！
- 咳嗽或打噴嚏時，用面紙掩住口鼻。如果沒有面紙，咳嗽時請將臉朝向手肘內側。
- 不要用手觸碰眼睛和口鼻。
- 使用家用清潔劑保持常接觸物品的潔淨：
 - 門把及冰箱手把
 - 電腦鍵盤 / 滑鼠
 - 電話
 - 小孩的玩具
- 經常使用肥皂和溫水或使用含酒精成分的洗手膠洗淨雙手。
- 和其他人之間保持 3 到 6 英尺的距離
- 如果生病了，請留在家中。即使病情好轉，您仍有可能散佈流感。

成人散佈流感的時間約為 5 天。

兒童散佈流感的時間約為 7 天。

- 如果您正在餵母乳且罹患流感，可以戴上面罩以防止嬰兒遭到感染。

每年注射流感預防針！

任何人若想要降低罹患流感或傳染給他人的風險，都應該每年定期注射流感預防針。

同樣罹患流感，有些人可能會出現較多問題，因此每年注射流感預防針非常重要。這些人包括：

- 6 個月大到 18 歲的兒童
- 50 歲或以上者
- 孕婦
- 有特定健康問題的人，例如糖尿病、氣喘或心臟病

若有其他健康問題，請與醫生討論接受注射事宜。

此外，如果您負責照顧或與以下對象同住，注射流感預防針更是重要：


- 5 歲以下兒童
- 50 歲以上者
- 孕婦
- 有特定健康問題者

流感可能會出現肺炎等嚴重的副作用。請詢問醫生您是否也需注射肺炎預防針。

（文章由塔夫茨醫學中心贊助）



www.QCC.edu



QUINSIGAMOND
Community College

Quinsigamond's tremendous growth in student enrollment has created an immediate need for the following positions:

FULL TIME

- Human Services Faculty**
(Spring Term/January 2010)
- Assessment Specialist**

PART TIME

- Advisors**
- Testing Proctors**

Interested applicants should visit our website www.QCC.edu for complete job descriptions, salary/hours, qualifications and application procedures. All applicants must apply online for these positions.

QCC is an equal opportunity affirmative action college supporting diversity and a member of the colleges of the Worcester Consortium.

www.QCC.edu

www.QCC.edu



QUINSIGAMOND
Community College

Associate Director of Facilities

Associate Director will be responsible for construction management (repairs, renovations and new construction), facilities, maintenance, grounds care/snow removal, deferred maintenance, utilities, and housekeeping. Applicants must have a Bachelor's degree, knowledge of building codes, engineering/project management experience, as well as, energy management systems experience.

Position is full time with a competitive salary and outstanding benefit package. Interested applicants should visit our website www.QCC.edu for a complete job description, qualifications and application procedures. All applicants for this position must apply online for consideration.

QCC is an equal opportunity affirmative action college supporting diversity and a member of the colleges of the Worcester Consortium.

www.QCC.edu

新聞簡訊

紅藍卡持有人注意事項

聯邦醫療保險之年度選擇時段(Annual Election Period) 又再到臨, 在11月15日至12月31日期間, 你可以自由轉換你的C部分 Medicare Advantage保險計劃及D部分處方藥物保險計劃, 並於明年1月1日生效。

同時擁有白卡人士請特別

留意, 你或會收到由聯邦醫療保險及醫療補助服務中心(CMS) 寄出的一封藍色或棕色的通知信, 內容是關於你的D部分保險計劃之改變。

如有疑問, 請致電中華耆英會各中心, 查詢電話617-357-0226分機233。你亦可聯絡你的醫藥保險公司, 或致電聯邦醫療保險及醫療補助服務中心, 免費熱線1-800-633-4227, 網站 www.medicare.gov

本文由中華耆英會之老人醫療保險諮詢服務計劃提供。

投稿或告知活動訊息, 請

電郵 news@sampan.org

High Value Real Estate Opportunity for Your Family

Great two level condo in Brookline Village for you and your extended family. The first level offers 4 BRs, LR, modern kitchen and bath, hardwood floors, wonderful SW facing porch. The second level provides 2 BRs, LR, full bath, laundry, and kitchen area. Arranged to provide as much privacy between floors as you want. Two parking spaces. Seconds from the Pierce School, minutes from the D Line, C Line, Brookline High School, Coolidge Corner, and Longwood Medical Area. The other two units in condo are owner occupied for easy mortgage acquisition. Asking well below assessed value. \$749,000

Call or email Keith at
Chobee Hoy Associates Real Estate, Inc.
(cell) 617-960-7048
(email) Keith.Kuzmin@GMail.com



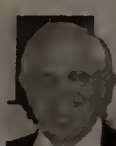
柯德文殯儀館

J.S. WATERMAN & SONS

Waring - Langone 免費查詢專線: 1-800-344-7526



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(華人制殮師)
Tak Chiu Joseph Yeung
Senior Funeral Director



白堅禮
Kenneth F. Bennett
Senior Funeral Director
“柯德文獎學金”創始人

波士頓
(617) 536-4110
580 Commercial St.
(North Station 地鐵站)
J.S. Waterman & Sons.
橙線, 綠線 C、D、E 車



昆士市
(617) 472-1137
576 Hancock St.
(Citgo 加油站對面)
Deware Funeral Home

A Service Family Affiliate of AFFS and Service Corporation International, 206 Winter St., Fall River, MA 02720 電話: (508) 676-2454

尋找一個您的孩子能成長茁壯的地方?



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Early Education and Care Center
幼兒教育中心

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我們提供:

- * 嬰兒班、學步班及學前班的托兒照顧
- * 全普通話的學習環境
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- * 經驗豐富、具有證照的專業師資
- * 全新設施

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地址: 波士頓華埠泰勒街87號, 郵遞區號02111

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Join as a new adult member before December 18 and enroll in a free session of adult swim lessons or Masters swim club during January and February!

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華埠王氏青年會

Wang YMCA
of Chinatown



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今年我們可以幫助更多家庭繳燃料帳單!!!

別等到冬天最冷的時候才行動
現在就申請以免燃料補助資金沒了!

如果您是波士頓、布魯克林或是牛頓市居民, 您可能符合ABCD 燃料補助活動的資格, 個人補助上限 \$985 (汽油, 瓦斯, 或電費)。

來電查詢離您最近的ABCD辦公室
617-357-6012或上網至
www.bostonabcd.org



ABCD Fuel Assistance, 178 Tremont Street, Boston, MA 02111

活動簡訊

• 波士頓華人佈道會兒童聖誕活動

一年一度的聖誕節(十二月廿五日)即將來臨。爲了與社區人士一同慶賀這普世歡騰的日子，華埠波士頓華人佈道會於十二月十二日下午二時舉辦慶祝活動。歡迎區內家長攜同二至十二歲的兒童參加。節目內容精彩，包括兒童喜愛的遊戲，手工藝、唱歌、信息。所有節目免費入場，不需提前報名登記。我們亦設粵語特別節目，歡迎家長留步參加。地點是249 Harrison Avenue, Boston。如欲查詢，請電：(617) 426-5711內線28。

• 林湛濤第八屆二胡學生演奏會

林湛濤第八屆二胡學生年度演奏活動將12月12日(週六)下午三點在437 Cherry St, West Newton, MA 02465, GBCCA 中華文協排練大廳舉行。歡迎音樂愛好者、學生及家長光臨指導。聯繫電話：617-291-9938, E-mail: zt_lin@hotmail.com

• 語文學苑管理編輯活動

語文學苑管理編輯活動將於12月5日(週六)下午1:30至3點在全球華文網在僑教中心和JoinNet同時上課。請先安裝Joinnet (http://www.webmeeting.com.tw/download_joinnet.php)，下載登入說明.ppt (http://tw.echinesenet.com/files/joinnet%20login.ppt)，於會議前十分鐘進入新英格蘭中文學校協會專用教室 (http://joinnet.iiiedu.org.tw/gotomeeting.php?u=175&c=visit)。聯絡測試:james_chuang@hotmail.com。

• 藝文小集年終聚餐

藝文小集年終聚餐將於12月6日(週日)下午6點45分在GBCCA, 437 Cherry St., Newton舉行。\$15/人(11/30前報名)，\$18/人(12/1後)。菜單如下:1. 香酥鴨or樟茶鴨/小饅頭;2. 糟溜魚片;3. 尖椒牛柳;4. 麻辣雞丁;5. 韭菜香乾肉絲;6. 醬爆茄子;7. 家常豆腐;8. 乾扁四季豆或冬菇菜心;9. 素米粉;10. 白飯。聯絡趙小怡:781-729-5974, 王子仁:781-334-6203。

• 賭友互助會

賭友互助會將於12月7日(週一)下午12至1點在聖詹姆斯教堂地下室舉行(125

Harrison Ave., Boston)，討論如何幫助嗜賭者，絕對保密。聯絡黃千姬:857-383-3563。

• 中式餐館歷史照片展

中式餐館歷史照片展將於12月9日(週三)晚5至7時，華史會在唐人街店面圖書館(The Chinatown Storefront Library)主辦新英格蘭地區中餐館歷史照片展開幕儀式，策展人Heather Lee和Amy Johnson將作簡短髮言，布朗大學訪問學者John Eng-Wong發表評論。活動免費。地點:640 Washington St, Boston, 聯繫方式:617-338-4339或info@chsne.org。

• 波克萊台商年會

波克萊台商年會將於12月12日(週六)中午10:30am-2pm, 假協和門窗Rm #83(99 East Cottage St., Boston, 電話:800-698-5552) 舉行年會與商機發表會。即日起至12月8日報名截止，免費午餐。請向下列負責人登記:羅靜春會長:617-818-2467, 郭競儒:617-669-6609, 李淑玲:617-244-1832, 游勝雄:617-739-9588。

• 中西文化交流

中西文化交流將於12月12日(週六)早上10至12點在華夏文化協會和摩頓劍橋健康聯盟合辦，(地點:Canal街195號)。免費，提供茶點，歡迎參加，主題:「瞭解能夠幫助你的社區服務設施和機構」。報名洪梅:781-321-6316(白天), 劉小梅:339-224-8092(晚上)。

• 松竹婦女會聚餐

松竹婦女會聚餐於12月12日(週六)晚6點在會長林嫻紫家中舉行Pot Luck聚餐，並討論財務。報名王詩美:wangshihm@hotmail.com。

• 中文PowerPoint製作

中文PowerPoint製作將於12月12日(週六)下午1:30至3點在全球華文網在僑教中心和JoinNet同時上課。請先安裝Joinnet (http://www.webmeeting.com.tw/download_joinnet.php)，下載登入說明.ppt (http://tw.echinesenet.com/files/joinnet%20login.ppt)，於會議前十分鐘進入新英格蘭中文學校協會專用教室 (http://joinnet.iiiedu.org.tw/gotomeeting.php?u=175&c=visit)。聯絡測試: james_chuang@hotmail.

com。

• 免費法律諮詢服務

昆市亞協會(1509 Hancock St; Ste 210)將於12月16日(週三)下午1點至4點爲民眾提供免費法律諮詢服務。大波士頓法律援助處的代表將和求助民眾一起商討法律問題，服務免費，並絕對保密。查詢或預約可洽617-472-2200。

• 聖誕滑雪

勒星頓中校將於12月25至27日(週五至週日)在Loon Mountain舉行三天兩夜，夜宿Indian Head Resort。晚上有與聖誕老公公合照、聖誕夜晚會、才藝表演晚會、卡拉OK、遊戲、麻將賽、抽獎等活動。報名副校長張維均:978-886-3266, v_principal@lcs-chinese.org。網站http://

lcs-chinese.org。

• 海外華裔青年語文研習班

中華民國僑務委員會主辦的2010年「海外華裔青年語文研習班」，即日起接受報名。14至24歲的海外青少年及青年可參加「暑期青年或青少年語文研習班」。研習時間爲7月6日至8月16日。凡目前居住海外，身心健康、學行良好、有高度學習華語文意願，並能適應團體生活之華裔青少年均可報名參加。

有關活動詳細內容與申請表格，可上僑委會網站下載: www.ocac.gov.tw/華裔青年活動專區。名額有限，聯絡可洽波士頓華僑文教服務中心(617) 965-8801。

擁有房子的機會

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六間可負擔的排屋公寓

以抽籤方式出售

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1175-1200平方呎

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一人: \$46, 300

三人: \$59, 550

二人: \$52, 950

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或寫信至:

JTE Realty Associates, P.O. Box 955, No. Andover, MA 01845

或電郵至: turtlebrook@jterealtyassociates.com

978-258-3492

請附上寄件人地址

申請表接受截止日期: 2009年12月18日



免學費公立學校

招收 6-12 年級學生



家長見面會

2009 年 12 月 9 日 (星期三)

晚上 7:00 – 8:30

地點: Knights of Columbus
(Chung Yee School)

地址: 5 Hollis Avenue, Quincy

前來瞭解:

招生程式, 課程設置, 上課日程安排,

學校文化, 以及成人進修課程

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翻譯: 陳公權、孔璋林、
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《舢舨》雙語雙週報創立於西元1972年, 宗旨在聯絡社區, 教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60, 撥打訂報專線617-426-9492分機206, 或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

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你喜歡寫作嗎?
對筆譯有興趣? 凡是對中文寫作或英中翻譯有興趣者、會用中文打字者可將作品或個人簡介用電子郵件傳到 recruit@sampan.org 在主題註明 ‘投稿’ 或 ‘翻譯志工’, 並附上聯絡資料。筆譯志工在本報收到個人簡介後會與你聯絡, 安排翻譯事項。投稿及筆譯都屬志工性服務, 尚無稿費以及津貼。若你希望對華裔生活圈有所貢獻, 這是你大展身手的好機會!

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS
[FTA Funded Projects]

Sealed bids for MBTA Contract No. **D07CN01, ASHMONT STATION FINISHES, DORCHESTER, MASSACHUSETTS (CLASS 1, GENERAL TRANSIT CONSTRUCTION AND PROJECT VALUE - \$11,146,800.00**, will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on January 6, 2010. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work at Ashmont Station consists of the Finishes. The new station finishes work includes, but is not limited to the following:

- 1. Glazed stainless steel curtain wall and stainless steel column covers;
- 2. Bus and trolley canopy;
- 3. Polycarbonate roof glazing system;
- 4. Miscellaneous acoustical panels and ceilings;
- 5. Signage, graphics and LED signage;
- 6. Fare collection equipment;
- 7. Miscellaneous landscaping (trees, cvergreens, crushed stone beds with architectural concrete stops, loam and seed areas);
- 8. Concrete sidewalks and ornamental steel fences.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. **FTA Participation 100 percent under the AMERICAN RECOVERY AND REINVESTMENT ACT (ARRA) of 2009.**

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on **December 3, 2009**, Monday through Friday, at no charge. Electronic copies of the Bidding Documents will be available in electronic format (CD), Contract Specifications shall be available in portable data file (.pdf) file format and Contract Drawings shall be available in Tagged Image File (.tif) file format, at no charge. Bidding documents will be sent upon request and receipt of a fee of \$25.00, payable by check. Bidding documents will be forwarded by U.S. Mail, at the expense of the plan holder. **NONE OF THESE CHARGES ARE REFUNDABLE.**

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of **16 percent**.

D07CN01 2009	NOTICE TO BIDDERS 00100 - 1	FINISHES
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Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the Project Manager Administrative Assistant, Allison Paltoo, 195 Ashmont Street, Suite D1, Dorchester, MA 02124 (617)-222-2736. The Authority will conduct an inspection tour of the site on December 10, 2009. Bidders are requested to be present at the corner of Dorchester Avenue and Ashmont Street, **Dorchester Massachusetts, at 9:00 a.m.** to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on **December 10, 2009** at 10:00 a.m. at the **Transportation Building, 10 Park Plaza, Boston, Massachusetts**. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.
This information may be viewed at the MBTA website:

http://www.mbt.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: November 20, 2009	By: Jeffrey B. Mullan Secretary and Chief Executive Officer of MassDOT	William A. Mitchell, Jr. Acting General Manager of the MBTA & Acting Rail & Transit Administrator of MassDOT
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